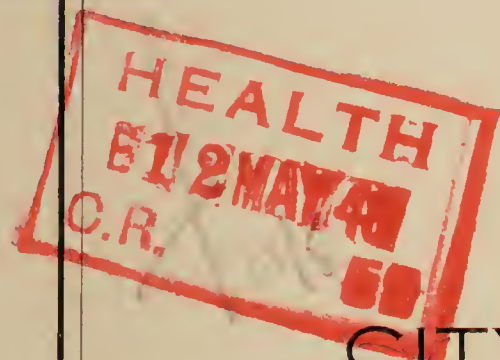


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CITY OF CARDIFF.

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# The Mental Hospital

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## THIRTY-NINTH

# ANNUAL REPORT

### FOR THE YEAR

## 1946.

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## VISITING COMMITTEE.

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Alderman T. J. KERRIGAN (*Chairman*).

Councillor F. EDWARDS (*Deputy Chairman*)

Alderman G. J. FERGUSON, J.P. (*Lord Mayor*)

Alderman R. G. ROBINSON, J.P.

Councillor W. H. J. MUSTON.

„ J. P. COLLINS.

„ A. WESTON.

„ E. J. CAZENAVE.

„ R. G. SHUTE.

„ HELENA EVANS, J.P.

„ A. MANLEY.

„ ANNA KERRIGAN, J.P.

„ T. O. MORGAN.

„ C. A. HORWOOD, J.P.

„ W. A. MATTHEWSON.

„ J. WALKER, M.D.

„ R. G. COOK.

„ JENNIE LLEWELLYN.

„ M. C. BRYANT.

Mrs. G. POWELL,



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## OFFICERS.

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<i>Physician Superintendent</i>	...	...	T. J. HENNELLY, M.D., B.Ch., B.A.O., D.P.M.
<i>Deputy Physician Superintendent</i>	...	...	W. L. L. REES, B.Sc., M.D., M.R.C.P., D.P.M.
<i>Senior Assistant Physician</i>	...	...	W. T. H. WALES, M.R.C.S., L.R.C.P., D.P.M. (on Active Service).
<i>Assistant Physician</i>	...	...	D. LEWIS, M.R.C.S., L.R.C.P.
<i>Assistant Physician</i>	...	...	K. R. THOMAS, M.R.C.S., L.R.C.P., D.P.M.
<i>Assistant Physician</i>	...	...	M. W. ANNEAR, M.R.C.S., L.R.C.P.
<i>Post Graduate Research Student</i>	...	...	M. J. HURLEY, M.B., B.Ch., B.A.O.
<i>E.M.S. Psychiatrist</i>	...	...	HELEN MURRAY, M.D.
<i>Director of Research</i>	...	...	DEREK RICHTER, M.A., B.Sc., Ph.D., M.R.C.S., L.R.C.P.
<i>Research Biochemists</i>	...	...	A. H. M. WHEATLEY, B.Sc., A.I.C.  R. P. HULLIN, M.Sc., A.R.I.C.  R. M. S. DAWSON, B.Sc., A.R.I.C.
<i>Psychologist</i>	...	...	Mrs. A. M. JONES, B.A., B.Ed.
<i>Psychiatric Social Worker</i>	...	...	Miss M. PHILLIPS, B.A.
<i>Consulting Physician</i>	...	...	WILLIAM PHILLIPS, B.Sc., M.D., M.R.C.P.
<i>Consulting Surgeon</i>	...	...	J. O. D. WADE, O.B.E., M.S., F.R.C.S.
<i>Consulting Gynaecologist</i>	...	...	Prof. G. I. STRACHAN, M.D., F.R.C.P., F.R.C.S.
<i>Consulting Otorhinologist</i>	...	...	ARTHUR A. PRICHARD, M.A., M.D., B.Ch., M.R.C.S.
<i>Consulting Pathologist</i>	...	...	Prof. J. B. DUGUID, M.D.
<i>Consulting Ophthalmologist</i>	...	...	J. W. TUDOR THOMAS, M.D., D.Sc., M.S., F.R.C.S.
<i>Consulting Tuberculosis Physician</i>	...	...	S. H. GRAHAM, M.B., Ch.B. (Ed.), D.P.H., T.D.D. (Wales.)
<i>Visiting Dentist</i>	...	...	J. I. SMITH, L.D.S.
<i>Secretary and Steward</i>	...	...	S. M. VAGUE, F.H.A., F.C.C.S.
<i>Deputy Secretary and Steward</i>	...	...	H. J. DANIELL, A.H.A.
<i>Matron</i>	...	...	Miss J. MOWBRAY, S.R.N., R.F.N., R.M.N., S.C.M
<i>Pharmacist and Optician</i>	...	...	Miss A. DOROTHEA JONES, M.P.S., F.S.M.C.
<i>Engineer</i>	...	...	Mr. R. E. ROGERS.
<i>Works Manager</i>	...	...	Mr. A. J. BOWDEN.
<i>Clerk to Visiting Committee</i>	...	...	S. TAPPER JONES, LL.B. (Town Clerk).
<i>Treasurer to Visiting Committee</i>	...	...	E. W. BARKER, F.I.M.T.A., A.S.A.A. (City Treasurer and Controller).
<i>Auditor and Stocktaker</i>	...	...	GILBERT D. SHEPHERD, F.C.A.





# ANNUAL REPORT

## OF THE

# VISITING COMMITTEE

*For the year ending 31st December, 1946*

Settled at a Meeting of the Committee held at the City Hall, on the 18th day of September, 1947, in pursuance of Section 190 of the Lunacy Act, 1890.

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The Visiting Committee desire to record their appreciation of the fact that their Chairman, Alderman Kerrigan, was appointed by the Minister of Health as a member of the Regional Hospital Board for Wales.

### **Care of Patients.**

The comfort and well being of the patients in the Mental and Emergency Hospital have continued to be the subject of careful consideration during the past year. It was expected that the wards occupied by patients suffering from Cancer would have been vacated by the end of 1946, but the Committee regret to note that no effort seems to have been made by the Joint Cancer Committee to give effect to their promises to provide accommodation for these patients elsewhere. They strongly feel that the Welsh Board of Health under whose auspices and at whose request these beds were provided during the war should now, two years after the cessation of hostilities, take action to have returned to the mental hospital, beds urgently required for psychiatric purposes. During the years of war and afterwards, the Visiting Committee facilitated the Board and the Joint Cancer Committee in every possible way. They are of the opinion that further advantage should not be taken of this, and that immediate steps be taken to provide temporary huttred accommodation at a general hospital, such as Llandough, to house the fifty patients concerned.

The Committee are pleased to be able to record that 289 of their evacuated patients have now been returned to Whitchurch, leaving only 111 Male and 27 Female patients in five other hospitals in Wales. Shortage of nurses continues to be a serious problem engaging much of the time of the Committee, but deficiencies are being met to a certain extent by the employment of part-time nurses, who are doing exceedingly useful work.

### **Condition of the Hospital.**

The Statutory visits paid by members of the Committee enable them to confirm that the Hospital continues to be maintained in a satisfactory state both as regards equipment and fabric.

The Works and Engineering Departments have carried out all necessary additions and repairs in a thoroughly satisfactory manner. The chief items of work are as follows :

All blast walls were taken down and removed, the whole of the paths to airing courts being tar sprayed and dressed with fine chippings.

The three static tanks were removed and the sites filled in and levelled.

The following were re-decorated during the year—Wards F4A, F2A, part of Female Corridor, Front Hall and Corridor.

The usual programme of painting to buildings and railings was carried out.

Constructional work was carried out to provide a new Pump Room and Calorifier Room.

An underground flue with external stack was constructed in the Main Kitchen for the installation of Aga Cookers.

About 300 yards of wooden fencing was taken down and replaced with steel tube, concrete and wire fencing.

Wards M3, 4, 4A, 3A, F3, 4, 4A, 3A were generally overhauled and the necessary repairs carried out in readiness for re-opening as Mental Wards.

The usual programme of liming to Bakehouse Subways, and Ward Coal Houses was proceeded with during wet weather.

General repairs and maintenance of buildings, furniture etc., received the usual attention. An upholsterer was appointed to the Department in June, 270 new mattresses and 390 pillows were made and repairs were carried out to a good deal of furniture.

*Engineering Department.* To provide space for the new pump room, No. 5 Boiler was removed and disposed of.

The main battery was over-hauled, the positive plates in 15 cells being renewed.

No. 2 Engine was completely dismantled and over-hauled, the H.P. cylinder and valve chest being re-bored. A new shaft was fitted to the armature.

In connection with the ultimate installation of an automatic telephone exchange, the whole of the hospital is being re-wired in lead covered cable, and considerable progress with this work has been made during the year.

The condense mains from the laundry and main kitchen have been completely renewed.

New switchgear has been installed on the main switchboard and is functioning satisfactorily.

### **Accommodation Provided and Available.**

During 1946, there were 362 direct admissions, no fewer than 91.2% being Voluntary and 5.8% Temporary, so that only 3% of the total admissions were certified. It says much for the reputation of the hospital and the organisation of its Services both Out-patient and In-patient, that during 1946, certification had to be resorted to in only 11 cases.



The following table shows the allocation of the direct admissions for the year :—

*Received Direct from Cardiff :—*

	M.	F.	T.	M.	F.	T.
Rate-aided ... ..	V. 113	145	258			
	T. 3	16	19			
	C. 7	3	10			
				123	164	287
Private ... ..	V. 7	13	20			
	T. —	1	1			
	C. —	—	—			
Criminal ... ..	—	—	—			
				7	14	21
<i>Out-County Cases Received Direct :—</i>						
Private ... ..	V. 16	36	52			
	T. 1	—	1			
	C. —	1	1			
				17	37	54
<i>Total Direct Admissions</i> ... ..	...	...	...	147	215	362

V. = Voluntary,  
T. = Temporary  
C. = Certified.

	MALES			FEMALES		
	Volun- tary	Tem- pora'y	Certi- fied	Volun- tary	Tem- porary	Certi- fied
During 1946, there were :—						
Transferred from other Mental Hospitals ...	—	—	1	—	—	—
(Amongst whom were Private Patients)	—	—	—	—	—	—
Received as Out-County Cases ... ..	16	1	—	36	—	1
(Amongst whom were Private Patients)	16	1	—	36	—	1
Received direct from Cardiff ... ..	120	3	7	158	17	3
(Amongst whom were Private Patients) ...	7	—	—	13	1	—
Regraded from Certified Class ... ..	2	—	—	—	—	—
Regraded from Temporary Class ... ..	3	—	—	2	—	—
Regraded from Voluntary Class ... ..	—	—	—	—	—	—
Returned from Evacuation under Defence Regulations 1939 ... ..	15	—	54	32	—	61
Total Received ... ..	156	4	62	228	17	65
On the Registers, 1st January, 1946 ... ..	82	1	27	88	1	10
Received during 1946 ... ..	156	4	62	228	17	65
Total No. dealt with in 1946 ... ..	238	5	89	316	18	75
There were discharged and removed ...	113	1	3	174	6	2
Regraded from Certified Class (Technical Discharge) ... ..	—	—	2	—	—	—
Regraded from Temporary Class ... ..	—	3	—	—	2	—
Regraded from Voluntary Class ... ..	—	—	—	—	—	—
Deaths numbered ... ..	4	1	1	6	3	1
Evacuated under Defence Regulations, 1939	5	—	1	—	—	—
Total ... ..	122	5	7	180	11	3
Leaving on the Registers on 1st January, 1946 a total of 198 males and 215 females ...	116	—	82	136	7	72
	198			215		

No. in residence at date of report (Psychiatric)	Males 236	Females 339
No. in residence at date of report (E.M.S.)	76	28

The charge to the Cardiff Public Assistance Committee was 47/10d. from 1st October, 1945.

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### Farm and Garden.

The Farm's Sub-Committee met monthly during the year, and kept in close touch with the activities of the Farm.

The Farm Bailiff's report is as follows :—

"The main crops grown on the Farm were 18 acres of wheat, 24 acres of oats, 6 acres mixed corn and 12 acres potatoes, together with silage crops, mangolds, swedes, kale and turnips. 18 acres of clover hay and 6 acres of meadow hay were harvested in very good condition. The weather throughout the year was very wet and was without a doubt the most difficult season ever experienced in farming.

Very little winter corn was sown in this area, there being only 14 days in October when this was possible, and in our case was used for potato harvest, which was very good.

The Pedigree Friesian Herd, known as the "Ty Clyd Herd," is now licenced to produce "Tuberculin Tested" milk, and it is hoped that it will become an attested herd very shortly.

The herd consists of 11 cows, 5 heifers, 4 calves and the stock bull, and it is anticipated that the number will be increased in the near future.

In the gardens, the crops have done well although great difficulty was experienced in trying to keep down the weeds. Fruit of all kinds did well and yielded better than for several years."

### Staff.

The Committee are glad to welcome to the Hospital Dr. W. L. Rees as deputy Physician Superintendent replacing Dr. I. J. Davies appointed to Nottingham Mental Hospital ; Dr. D. Richter as Director of Neuropsychiatric Research, replacing Dr. J. H. Quastel, appointed to Montreal University, and Miss Mowbray as Matron, replacing Miss King retired. Other Staff changes during the year are referred to in the Report of the Physician Superintendent.

The Committee take great pleasure in testifying, as in previous years, to the great care, skill and sympathy shown to the patients under their charge by the Physician Superintendent and his well qualified and devoted staff. The absence of justifiable complaints by patients is noteworthy and affords strong evidence of the sympathetic and kindly treatment which they receive from the Staff. The Committee also take great pleasure in recording that the scientific and research work into the nature, causation and cure of mental disorders is again a prominent feature of their hospital's activities, made possible by the appointment during the year of Dr. Richter as Director of Research and by the provision by the Medical Research Council and the Royal Society of Research Grants and grants in aid. They feel confident that these research activities will, as in the past, enhance the hospital's prestige, and in conjunction with its clinical work enable it to retain its position as one of the foremost Institutions of its kind in the Country.

On behalf of the Visiting Committee.

*Signed :*

T. J. KERRIGAN,

*Chairman.*



# Report of the Physician Superintendent

FOR THE YEAR 1946.

*To the Chairman and Members of the Visiting Committee.*

I have the honour to present the Thirty-ninth Annual Medical Report of your Hospital.

On the 1st January, 1946, there were resident 209 patients (110 males and 99 females), including 21 males and 18 females of the private class, 7 males of the Service Class and 1 male of the ex-Service class, and 1 male Criminal patient.

There were admitted during 1946, 370 patients (153 males and 217 females). Of these, 362 (147 males and 215 females) were direct admissions. The remainder were made up as follows :—regraded as Voluntary patients from Certified class, 2 males ; from Temporary class, 3 males and 2 females ; by statutory transfer, 1 male. In addition, 162 patients (69 males and 93 females) returned from the hospitals to which they had been evacuated under the Defence Regulations, 1939.

The discharges amounted to 305 (123 males and 182 females), as follows :

	Certified			Voluntary			Temporary		
	M.	F.	Total	M.	F.	Total	M.	F.	Total
Relieved ... ..	1	1	2	59	87	146	—	2	2
Not Improved ... ..	1	—	1	15	10	25	—	—	—
Removed (to other Mental Hospitals)									
Relieved ... ..	1	—	1	—	—	—	—	—	—
Not Improved ... ..	—	—	—	—	—	—	—	—	—
Recovered ... ..	—	1	1	39	77	116	1	4	5
Evacuated under Defence Regs. 1939	1	—	1	5	—	5	—	—	—
	4	2	6	118	174	292	1	6	7

The above table does not include the regraded patients referred to in the preceding paragraph.

The deaths number 16 (6 males and 10 females) or 4.6% and 7.6% respectively of the average number of each sex resident.

On the 1st January, 1947, there were resident 413 patients (252 Voluntary—116 males and 136 females, including 20 male and 15 female private patients, 7 Service and 1 ex-Service patient, 7 Temporary—all



female patients—and 154 Certified (82 males and 72 females, including 1 male criminal patient, 16 Service patients and 2 ex-Service patients).

The recoveries numbered 122 (40 males and 82 females). Calculated upon 362 (the direct admissions) this gives a recovery rate of 33.7% or 27.2% for males and 38.1% for females. In addition to the 122 recovered, 150 patients were discharged relieved. These two figures together, calculated upon the direct admissions, give a percentage of 75.1% recovered and relieved.

The following table shows the length of treatment of those who left recovered.

			Not more than 2 month	Not more than 3 months	Not more than 6 months	Not more than 12 months	More than 12 months
Voluntary	...	...	89	8	10	8	1
Temporary	...	...	3	1	—	1	—
Certified	...	...	—	—	—	1	—
			92	9	10	10	1

The table shows that 90.9% of those discharged recovered were in residence not more than 6 months, and 75.4% not more than 2 months.

During the year, 96.9% of our direct admissions were admitted under the Mental Treatment Act, 1930. Apart from 4 males and 17 female Temporary patients (*i.e.*, 5.8%) all these were Voluntary patients. During the past 10 years, 89.1% of our admissions have been either on a Voluntary or Temporary basis. 61% of our total population are now Voluntary patients.

### General Health.

On the whole, the general health of patients and staff has been quite good. The twelve cases of tuberculosis under care were found to have the disease on return from evacuation. The most severe forms of illness were generally noticed in patients admitted under the temporary section of the Mental Treatment Act.

### Treatment.

All forms of specialized psychiatric treatment are carried out at the hospital. These include deep insulin therapy, insulin sopor, Electrical and other convulsive therapies, leucotomy, prolonged narcosis, malaria and penicillin therapy for paresis and individual and group psychotherapy. Special attention is given to organised occupational therapy both in occupation centres and in each ward and to physical drill, recreational therapy and rehabilitation. Each patient has the benefit of a complete psychiatric, physical, biochemical and serological examination within a week of admission, has a chest x-ray and is seen by the dentist and ear, nose and throat surgeon. A Social Service report is compiled and when all data are assembled the case is ready for presentation at one of the

weekly case conferences, when points in diagnosis are discussed and treatment according to the individual needs prescribed.

### **Out-patient Clinics.**

The extra mural activities of the hospital continue to grow. Four out-patient clinics are held weekly at the Cardiff Royal Infirmary, one of them, on Monday evenings starting at 5.30 p.m. being for the convenience of industrial workers suffering from neurosis who are unable to attend either the morning or afternoon sessions. The number of new cases seen in 1946 was 678, an increase of 38/ on the preceding year. Over 3,000 attendances were made by new patients accepted for treatment. Such psychotherapeutic treatment is arduous and time consuming and with figures for attendances of this nature a heavy strain is imposed on the Psychiatrists attending the clinics. This work is vitally important, however, for it is at the out-patient clinics that early and acute cases are seen both psychoneurotic and psychotic and early treatment is the keynote to prevention in psychiatry as it is in other diseases. Out-patient treatment obviates the necessity for in-patient treatment in very many cases. This is an important consideration for the individual, society and the public purse. In-patient treatment is expensive, distressing to the patient and his family, causes economic disorganisation at home and, if prolonged, eventually becomes a severe tax on the financial resources of the community.

Many cases of depression which would formerly have had to be hospitalised are now treated as out-patients by Electrical Convulsive therapy at Whitchurch Hospital. Cases of severe long standing neurosis seen at the clinics are by arrangement with the Welsh Board of Health and without legal formality admitted to the Neurosis Centre at the Hospital, a significantly progressive measure and an augury of things to come. Our thanks are due to Dr. Trevor Jones, Hospital Officer of the Board, for his far-sighted co-operation in this matter.

There is at the out-patient clinics and their associated in-patient units excellent clinical material for the teaching of psychiatry in all its branches to under-graduate and post-graduate students. So far little advantage is taken of the facilities offered at these clinics as the student though keen is not given the time to attend and get to know something about the quirks and foibles of his fellow man in health and disease. He is still condemned by a calcified medical tradition to spending a fair part of his time acquiring factual knowledge of a sort which will never be of use to him as a practitioner and which he discards at the earliest opportunity. If the proper study of mankind is man, alive and as a personality, then surely the first consideration in all medical studies should be the patient as an individual, not as a mummy, the patient in his home, his environment and social milieu, with his fears, his loves, his hates, wishes and desires and his hopes, aspirations and ambitions ; hopes so often thwarted in this distressingly insecure, uncertain and in many ways regressive age.

The Social Service and After-Care Department is being re-organised following the appointment of Miss Phillips as Psychiatric Social Worker. It is hoped to increase the staff of this department when further Workers in this most important branch of the Psychiatric Services are available. The organisation of Social Clubs both in-patient and out-patient is now well in hand.



### **Research Work.**

Dr. Derek Richter took up his duties as Director of Research in December, 1946, and he is proceeding with the reorganisation and development of the Laboratories as a Neuropsychiatric Research Centre. Owing to the requisitioning of apparatus by one of the Ministries during the war the Laboratories were left very short of modern equipment and most of that which remained had been in use for many years and was of obsolete design. The task of modernization and re-equipment has been greatly aided by grants to Dr. Richter from the Medical Research Council and from the Royal Society. In spite of the unavoidable delay in obtaining delivery of many essential items in short supply, considerable progress has been made in bringing the Laboratories up-to-date and it has been possible to make a start on a modified programme of research.

A part of the grant from the Medical Research Council has been used for the establishment of two Research Studentships to which Mr. R. P. Hullin and Mr. R. M. S. Dawson have been appointed. Mr. J. Russell has joined the Laboratory staff.

### **Nuclei of Nerve Cells.**

A new technique has been worked out by Dr. Richter and Mr. Wheatley for the isolation in quantity of the nuclei and other component parts of the nerve cells of the cortex of the brain. This opens a big new field for exploration, since very little is known about the biochemistry of the nerve cell nuclei. Besides the study of the nucleoproteins and lipoids of the nucleus, it should be possible to find out what enzyme systems are associated with the nuclei and whether there are any changes in nervous and mental disease. The investigation is being taken up by Mr. Hullin, who is applying a series of special micro-methods for estimating the activity of the enzymes in the nuclei of normal and diseased brains.

### **Radioactive Tracer Investigations.**

Mr. Dawson and Dr. Richter have started the preliminary work in an investigation of brain metabolism by means of the new radioactive tracer technique. In this work the distribution of metabolites containing phosphorous is being studied by the use of radioactive phosphorus prepared by atomic fission in the cyclotron at the Massachusetts Institute of Technology. A Geiger counter for estimating the radioactive material is now being set up in the Laboratory. Professor Duguid is collaborating in an investigation of the effects of comparatively large doses of radioactive phosphorus on the blood vessels.

### **Action of "Benzedrine."**

Dr. Richter, with the assistance of Mr. J. Russell, has carried out an investigation of the mechanism by which the drug "Benzedrine" acts on the brain. This work has shown the existence of a relationship between the inhibitory action and the chemical constitution of a series of phenolic amines related to "Benzedrine." These observations have given new information as to the nature of the active centres at which "Benzedrine" and similar drugs act.

### Endocrine Function and Mental Symptoms.

Dr. Richter, with Dr. Rees and other members of the Medical Staff, has started an enquiry into the periodic mental changes which are associated with the menstrual cycle in certain female patients. A group of patients showing "premenstrual tension" and other periodic symptoms has been collected for special investigation and methods of treatment by means of endocrine preparations are being examined.

In addition to research activities, discussion meetings are held every Friday afternoon in the Laboratories. The subjects discussed include amongst others, Research methods, Ageing and Senility, Menstrual Abnormalities, Water Metabolism, Variation in the Normal, Appetite and Nutrition, Radioactive Tracer Research, Morphine Addition, Electrical Changes in the Brain (Dr. Richter); Battle Neurosis (Dr. Annear); Schizophrenia (Dr. Rees); Group Psychotherapy (Dr. Thomas); Arteriosclerosis (Professor Duguid); Lung Physiology and the problem of Pneumonkoniosis (Dr. Gough); Prefrontal Leucotomy and Hypothalamic Function (Dr. Lewis). Dr. Richter has been appointed Honorary Research Lecturer in the Welsh National School of Medicine.

### Pathological Laboratory.

The direction of the Pathological Laboratory has now been taken over by Dr. Richter with Mr. Dodwell as Senior Pathological Technician. By arrangement entered into with the Welsh National School of Medicine consulting services are now supplied by the Department of Pathology and Bacteriology with Professor Duguid acting as Consulting Pathologist. Certain re-arrangements have been made in the routine pathological investigation of patients admitted to the hospital, for example, instead of a routine blood count being carried out on every patient, as was formerly done, this has been replaced by (a) a haemoglobin estimation (to indicate anaemia) and (b) an estimation of the Erythrocyte Sedimentation Rate (to show the presence of an infective process). Blood counts are carried out where specially indicated. By this new procedure more information of value can be obtained with an economy in time and materials.

During 1946, a total of 7,625 specimens were examined.

This total was made up as follows :—

#### Blood.

Full counts (R.B.C., W.B.C., Hb and differential count)	710
R.B.C. and Hb	60
W.B.C. and differential count	343
W.B.C. only	39
Hb only	203
Casoni reaction	4
Cholesterol	2
Culture	5
Erythrocyte Sedimentation Rate	566
Fromal-gel reactions	19
Fragility of red cells	1
Glucose Tolerance Tests	23
Grouping (A.B.O. groups)	31
Cross-matching for transfusion	28



Icterus Index	...	...	...	...	1
Malarial parasites	...	...	...	...	59
Paul-Bunnell reactions	...	...	...	...	5
Plasma proteins	...	...	...	...	1
Platelet counts	...	...	...	...	2
Reticulocytes counts	...	...	...	...	4
Serum calcium	...	...	...	...	8
Serum phosphatase ("Acid")	...	...	...	...	3
Serum phosphatase ("Alkaline")	...	...	...	...	4
Sugar estimations (single)	...	...	...	...	9
Urea estimations	...	...	...	...	107
Van den Bergh reactions	...	...	...	...	18
Widal reactions	...	...	...	...	5
Gonococcal complement fixation tests (done by Public Health Laboratories)	...	...	...	...	117
Wasserman reactions (done by Public Health Laboratories)	...	...	...	...	1174
Phosphorous	...	...	...	...	2

*Urine.*

Full examination (Chemical, microscopical and culture)	...	...	...	...	118
Chemical and microscopical	...	...	...	...	838
Chemical only	...	...	...	...	1489
Sod. benzoate tolerance test	...	...	...	...	3
Calcium	...	...	...	...	2
Urea clearance test	...	...	...	...	17
Urea concentration test	...	...	...	...	12
Ziehl preparations for T.B.	...	...	...	...	13
Guinea pig inoculation for T.B. (done by W.N.M.A.)	...	...	...	...	11

*Faeces.*

Bacteriological	...	...	...	...	36
Cysts, ova and parasites	...	...	...	...	573
Occult blood	...	...	...	...	25
Ziehl preparations for T.B.	...	...	...	...	18
Faecal fat estimation	...	...	...	...	4

*Cerebro-Spinal-Fluid.*

Full (Cytological, chemical and bacteriological)	...	...	...	...	27
Routine (Cells, protein globulin, Colloidal gold)	...	...	...	...	62

*Test Meals.*

Gastric contents for chemical analysis	...	...	...	...	80
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*Sputum.*

For culture and/or T.B.	...	...	...	...	312
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*Aspiration Fluids.*

Cytological, bacteriological, T.B.	...	...	...	...	25
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*Throat Swabs, Pus, Wound Swabs and Exudates.*

Bacteriological	...	...	...	...	345
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*Biopsies.*

Sections cut and stained      ...      ...      ...      59

Penicillin dispensed from 1/1/46 to 31/12/46 was 233,400,000 Units.

**Dental Department.**

The Dental Surgeon attended regularly throughout the year and systematic attention was given to the teeth of all new admissions.

**Radiographic Department.**

In addition to numerous examinations for medical and surgical reasons, all Staff and patients in the hospital had their chests x-rayed to exclude Tuberculosis. This is a routine practice on the admission of every patient and prior to the appointment of any member of the Staff. The number of x-rays and the classifications are as follows :—

Chests      ...	1,141
Barium Meals	115
Abdomen	82
Ba Enema	8
Miscellaneous	1,051

**Service Patients.**

A special ward has been assigned to Service patients, an amenity much appreciated both by the patients and their friends.

Extract of a Report by Headquarters' Medical Inspector of the Ministry of Pensions on a visit paid to the Service patients :—

“The Hospital is gradually assuming its peace-time function and amongst its patients received back from other hospitals are 16 Service Patients.

Nine of our men are from the recent war. They, despite active treatment, at present appear to be all of a very unfavourable prognosis.

This Hospital perhaps, presents an idea of the lines along which a mental hospital will develop in the future.

Patients, Officers and Staff all have the same food. It has its wards for Voluntary Admissions, its Neurosis Unit and Rehabilitation Centres. An active Occupational Therapy Department functions under its trained therapists with its Ancillary P.T. and Club movements.

Every line of approach and treatment of the new admission is being pursued under skilled direction, the Medical Staff working together as a team.

Research is again being built up.

Our men are each being provided with three suits, they have pocket money to the full value, four meals a day and ample entertainment, including gifts and outings given by various outside Movements, including the British Legion.

Those who have been temporarily boarded out without exception, expressed their gladness to be back again.

I came away very impressed with this Hospital. To Dr. Hennelly, the Physician Superintendent of the Hospital, I am most grateful for the arrangements made for me to-day."

### **Staff Matters.**

There have been a large number of Staff changes and appointments during the year. Dr. Derek Richter was appointed Director of Neuropsychiatric Research in succession to Dr. J. H. Quastel, appointed Professor of Biochemistry in Montreal University, and took up his duties in December, 1946. Dr. Richter, who is a biochemist of repute as well as being medically qualified has already made great strides in building up the Research departments and from his efforts and those of the team of enthusiastic research workers he is gathering around him there is little doubt that the Hospital, and Psychiatry in general, will derive considerable benefit.

Dr. Linford Rees was appointed deputy Physician Superintendent in succession to Dr. I. J. Davies and took up his duties early in 1947.

Dr. D. Lewis, Dr. K. R. Thomas and Dr. M. Annear (previously Psychiatric Registrar) were appointed Assistant Physicians and Dr. M. J. Hurley was appointed post graduate Research Student.

Dr. Gaynor Jones, Dr. Downey and Dr. Kelleher resigned to take up appointments in other hospitals.

Miss Mowbray commenced duty as Matron on January 1st, 1947 coming from Plymouth Mental Hospital where she had already served ten years as Matron. Her quiet competence and cheerful manner already assure her success in her very responsible post.

We were fortunate in securing the services of Mrs. Alice M. Jones as Psychologist and Miss Mair Phillips as Psychiatric Social Worker.

Miss Brice and Miss Ghaleb were appointed additional Occupational Therapists on the Female side and Mrs. Bacon was appointed hairdresser.

Mr. Daniell succeeded Mr. Ward as deputy Secretary and Steward.

In common with all mental hospitals we have great difficulty in obtaining Student Nurses, but have been fortunate in securing the services of a large number of part-time nurses without whose assistance it would be impossible to carry on our activities and maintain the high standards and reputation of the hospital. We are most fortunate that amongst these part-time staff are a number of our trained nurses who have married and have come back in response to our advertisements. On the senior nursing staff devolves great responsibility for the supervision and management of their wards and of their conduct throughout a difficult year. I cannot speak too highly. The work and conduct of the kitchen, domestic and out-door staff continued to be of a very high standard.



I gave the usual course of lectures in Psychological Medicine to the fifth year students of the Welsh National School of Medicine and from this class Resident Clinical Assistants have been appointed from time to time. I have also given the course of lectures in normal and applied Psychology to the pre-clinical students of the University College of South Wales and Monmouthshire.

In addition to the out-patient clinics held four times weekly at the Cardiff Royal Infirmary, visits were paid twice weekly, or more often if occasion warranted, to the Observation Wards at the City Lodge Hospital, and once weekly to Llandough Hospital. Weekly visits were also paid to the Lindens Hostel for Maladjusted Children at Penarth, and I am now being helped with this most important work by Doctors Rees, Annear and Martin.

I cannot conclude my report without expressing my deep appreciation for the help always so willingly accorded me by the Staff and by the heads of the various departments of the hospital. The hospital still contains the Deep X-ray Centre for South Wales and Monmouthshire, and whilst magnificent and very necessary work is being done in this Centre, we would gladly give our blessing to its removal to another site so that the wards it occupies might be returned to the use of the mental hospital. The hospital thus continues to be a mixed General and Psychiatric hospital and whilst such a state of affairs is highly to be commended in the planning of all future hospitals it can only be continued at Whitchurch if pressure ceases to be brought to bear on us for the return of evacuated Cardiff patients whom it is physically impossible to accommodate. Catering as the hospital does for so many different types of patients, the administration and organisation of its manifold activities are of a complex nature and I am grateful to my Medical Officers, to the Secretary and Steward, the Matron and to all other heads of departments for their loyal and valuable assistance in its administration.

In conclusion, Mr. Chairman, Ladies and Gentlemen, I would express to you my warmest thanks for your continued confidence and support.

I have the honour to be,

Your obedient Servant,

T. J. HENNELLY,

*Physician Superintendent.*



# LIST OF WORKS PUBLISHED

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“Effect of Special Diet plus Sodium Bromide in reducing Epileptic seizures.”

“Effects of Intravenous Inoculation of Rabbits with blood serum and cerebrospinal fluid of cases of Dementia Paralytica and blood serum of cases of Dementia Praecox.”

“Bacteriological Examination of Faeces in Cases of Acute Melancholia and Mania.”

“Anaerobic Organisms in Faeces in Recent and Acute Mania and Melancholia ; Agglutination Test and Opsonic Index.”

“Leucocytosis in Mental Disorders.”

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# Report made by a Commissioner of the Board of Control on his visit to the City of Cardiff Mental Hospital.

10th June, 1947.

Since the visit of my Colleague just over a year ago, about 150 Cardiff patients have returned to this Hospital from Glamorgan Mental Hospital in which they spent most of the War. It is hoped that the remaining patients there will also be coming back within a few weeks time. Unfortunately not all the E.M.S. Wards at Whitchurch can yet be given up and some Cardiff patients must still continue to be treated elsewhere.

There are today resident in this Hospital 456 patients (223 males, 233 females). No fewer than 290 of these are Voluntary and 4 are Temporary patients. The high percentage of Voluntary patients is in part due to the fact that Whitchurch is at present filled with early and recoverable cases and that many of the chronic patients are being looked after elsewhere. Sixty-four patients, 44 men (28 in the service of ex-service group) and 20 women rank as private patients and pay fees from £2 12s. 6d. to £3 10s. 7d. per week. The charge for rate-aided patients is £2 10s. 9d.

I believe I have seen all the patients in residence. I have talked to many of them and gave one private interview. The patients were well behaved, very quiet in demeanour, and many were obviously grateful for the excellent care they enjoy here.

I was particularly impressed by the amount of Occupational Therapy being carried on. There are excellent centres on both sides and handi-crafts are also taught in all Wards, even to patients who are confined to bed. There seems little or no difficulty about obtaining materials. Occupational Therapy also has it's recreational side here and there are in addition active physical training classes for both sexes.

The patients dress is on the whole neat and tidy. Male patients are shaved twice weekly, but I hope it will be possible to increase this to at least every other day before long.

The Wards are in a good state of repair and those wards given up by the E.M.S. have been or are being repaired and repainted. They are comfortably furnished, bright and comfortable. The building which was erected just before the war as Canteen, Library and Reading Room is shortly to be re-opened. This will be a great boon to the patients.

The dinner today consisted of cold roast mutton and mint-sauce with an excellent French Salad and hot potatoes, with stewed rhubarb and semolina to follow. The kitchen is in process of being modernised and a large battery of slow combustion cookers have just been installed, and the walls are to be tiled.

The Nursing Staff continues to be below strength on the female side and this is one of the factors delaying the return of Cardiff patients from other Hospitals, but in fact the staffing position is not so bad here as it is in a large number of Hospitals.

There are today 40 male and 52 female nurses, five of the latter being employed to nurse male patients. Five men and six women are always on duty at night. Twenty-two men and thirty-two women are certificated or registered as mental nurses.

The mortality rate for 1946 was 6.1% (4.6 M. and 7.6 F.). During that year there were 16 deaths and in 10 of these cases the cause of death was verified by post-mortem examination. The causes of death do not call for any special comment, but in three cases inquests were held.

Serious but non-fatal casualties numbered seven (2 M. and 5 F.) ; in two of these cases fracture followed treatment by electric shock. In 1946, two women died from tuberculosis and there are now 9 men and 3 women suffering from this disease, in each of these cases the patient was evacuated from this Hospital during the War and tuberculosis was diagnosed upon return. Those patients who are sufficiently well mentally are nursed on open air verandahs.

One woman suffered from Erysipelas in March last, but there have been no other cases of infectious disease.

Today 11 men and 11 women were being treated in bed and appeared to be receiving every nursing care.

All forms of active treatment are carried out here and I was glad to find the Insulin Shock therapy unit was working despite the shortage of nurses.

The work of the Out-patient Clinics continues to grow in importance. Treatment at these Clinics often obviates the necessity for treatment in the Hospital and many other patients come to the Hospital on two or three mornings a week for electric shock therapy, and then go home afterwards.

Dr. Hennelly has as his Deputy, Dr. Linford Rees, M.D., M.R.C.P., D.P.M., who was appointed to this post early in the year. The Senior Medical Officer, Dr. W. T. Wales, is serving with the R.A.F. The other Assistant Medical Officers are Dr. D. Lewis and Dr. K. Thomas. Dr. J. Hurley is House Physician and Dr. Annear, Medical Registrar.

(Signed) I. COFFIN DUNCAN,

*Commissioner of the Board of Control.*





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**FINANCIAL STATEMENT.**

Year ended 31st March, 1947.

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# FINANCIAL STATEMENT FOR THE MAINTENANCE

EXPENDITURE.				Mental Hospital			E.M.S.			
				£	s.	d.	£	s.	d.	
Salaries and Wages (excluding Laundry and Farm and Garden Staff) :—										
Medical Staff	...	...	...	3,943	17	5	4688	10	5	
Nursing Staff	...	...	...	12,691	0	8	21,346	19	4	
Other Staff	...	...	...	7,878	12	11	22,216	6	4	
Superannuation Allowances	...	...	...	3,105	10	4	1,144	17	7	
Employers' Insurance Contributions	...	...	...	180	7	3	232	0	5	
Provisions (including Farm supplies)	...	...	...	10,286	7	4	13,090	12	8	
Clothing for Patients	...	...	...	686	19	2	399	9	10	
Clothing for Staff	...	...	...	55	12	6	71	11	4	
Drugs, Medical and Surgical Appliances				...	372	6	7	3,777	12	7
Fuel, Light, Water and Laundry	...	...	...	7,148	18	8	9,286	18	6	
Domestic Renewals, Repairs, etc.	...	...	...	1,818	15	5	1,057	13	8	
Ambulance, Transport, etc.	...	...	...	165	3	3	328	5	7	
Rents, Rates, Taxes and Insurance	...	...	...	6,921	14	0	4,134	7	11	
Discharges, Funerals and Removals	...	...	...	8	15	0	—			
Other Expenditure, viz. :—										
Occupational Therapy	...	...	...	1,850	17	5	1,076	7	1	
Miscellaneous	...	...	...	36	17	9	59	0	5	
Postages, Stationery, Telephones, etc.	...	...	...	1,207	5	8	2,033	8	7	
Newspapers and Periodicals	...	...	...	26	19	10	34	14	3	
Laboratory and X-ray Department	...	...	...	20	19	4	26	19	7	
Cigarettes, Tobacco and Pipes	...	...	...	1,155	16	3	—			
Audit Fee	...	...	...	34	8	9	44	6	3	
Old Age Pensioners' Extras	...	...	...	69	13	0	—			
Amusements	...	...	...	60	6	6	77	12	3	
Bank Charges	...	...	...	117	18	10	151	15	0	
"ON TRIAL" Allowances	...	...	...	—			—			
Service Patients' Allowances	...	...	...	304	16	0	—			
Contribution refunded under Asylums Officers' Superannuation Act, 1909	...	...	...	312	2	4	—			
TOTAL EXPENDITURE				£60,462	2	2	85,279	9	7	
Transfer to Building and Repairs Account :—										
Excess of Weekly Charge on Private and Out-Borough Patients	...	...	...	—			—			
TOTAL EXPENDITURE AND TRANSFERS				£60,462	2	2	85,279	9	7	
				£145,741 11 9						



# YEAR ENDED 31st MARCH, 1947.

## ACCOUNT.

	INCOME.	Mental Hospital		E.M.S.	
		£	s. d.	£	s. d.
Maintenance of :—					
Rate-Aided Patients from Cardiff County Borough ... ..		31,647	15 4		
Rate-aided Patients from the General Rate Fund for Patients adjudged chargeable thereto ... ..		370	13 10		
Rate-Aided Patients from other Counties and Boroughs ... ..		1,455	6 5		
Private Patients ... ..		10,329	2 8		
Service Patients ... ..		2,396	19 0		
Ex-service Patients ... ..		262	8 10		
Criminal Patients ... ..		132	15 0		
Discharge, Funeral and Removal Expenses ...		—			
Patients' Allowances :—					
Allowances when "ON TRIAL" ...		—			
Allowances to Old-Age Pensioners ...		69	13 0		
E.M.S. Welsh Board of Health for E.M.S. Patients				82,202	16 9
Other Sources for E.M.S. Patients ...				621	18 10
Staff.					
Deductions under Asylums Officers' Superannuation Act, 1909 ... ..		1,338	2 3		
Deductions for Board, etc. ... ..		365	18 9	714	3 10
Other Income : —					
Bank Interest ... ..		—			
Sundry Sales and Income ... ..		67	5 0	58	9 9
Occupational Therapy Sales ... ..		1,395	9 10	1,213	17 0
TOTAL INCOME ... ..		£49,831	9 11	£84,811	6 2
Farm and Garden Account :—					
Estimated Rent of Land : 124 acres @ 25/- per acre ... ..		155	0 0		
Profit on Farm and Garden Account ...		987	2 4		
		£50,973	12 3	£84,811	6 2
TOTAL INCOME AND TRANSFERS :—					
Excess of Expenditure over Income for year carried to Balance Sheet ... ..		9,956	13 4		
		£60,930	5 7	£84,811	6 2
		<u>£145,741 11 9</u>			

## FARM AND

EXPENDITURE.					£	s.	d.	£	s.	d.
STOCK 1/4/46								8,735	3	5
Salaries and Wages	...	...	...	...	4,045	6	11			
Provender	...	...	...	...	580	3	6			
Seeds and Manure	...	...	...	...	554	9	5			
Livestock	...	...	...	...	1,071	1	9			
Deadstock	...	...	...	...	370	9	10			
Rates, Taxes and Insurance	...	...	...	...	189	1	6			
Petrol, Paraffin, Oil, etc.	...	...	...	...	171	3	8			
Employers' Insurance Contributions	...	...	...	...	31	8	9			
Sundries	...	...	...	...	141	2	10			
Auctioneers' Commission on Sales	...	...	...	...	1	6	6			
								7,155	14	8
Estimated Rent of Land	...	...	...	...				155	0	0
Profit carried to Maintenance Account	...	...	...	...				987	2	4
								£17,033	0	5
Amount debited to W.B.H. under Emergency Hospital Scheme								£2,145	18	8

## BUILDING AND

EXPENDITURE.					£	s.	d.	£	s.	d.
Ordinary Repairs :—										
Material, Engineer's Department	...	...	...	...	3,431	19	6			
Material, Works' Department	...	...	...	...	1,948	8	7			
Wages. Engineer's Department	...	...	...	...	4,568	14	1			
Wages. Works' Department	...	...	...	...	6,667	11	7			
Rates, Taxes and Insurance	...	...	...	...	297	4	0			
Employers' Insurance Contributions :										
Engineer	...	...	...	...	61	5	6			
Works	...	...	...	...	90	17	7			
Superannuation Allowances	...	...	...	...	1,409	8	4			
								1,8475	9	2
Additions, Alterations and Improvements										
Emergency Hospital Scheme :—										
Protective Works & Upgrading (A.G. 1002)								554	13	4
Transfer to General Rate Fund										
								£19,030	2	6

## GARDEN ACCOUNT.

INCOME.				£	s.	d.	£	s.	d.
Farm and Garden Sales	...	...	...				1,609	17	0
Goods Supplied to the Hospital :—									
Meat	...	...	...						
Poultry and Eggs	...	...	...	233	14	2			
Milk	...	...	...	1,195	2	4			
Vegetables and Fruit	...	...	...	1,913	2	5			
							3,341	18	11
Sundry Income	...	...	...				22	8	8
Value of Stock, 31st March, 1947 :—									
6 Horses	...	...	...	455	10	0			
25 Cattle	...	...	...	5,245	5	0			
45 Sheep	...	...	...	170	10	0			
51 Pigs	...	...	...	555	0	0			
467 Poultry	...	...	...	591	10	0			
Implements	...	...	...	1,730	11	6			
Farm Crops with unexhausted values									
	...	...	...	1,876	10	0			
Provender and Vegetables	...	...	...	1,171	7	1			
Seeds and Fertilizers	...	...	...	242	4	1			
Petrol and Oils, etc.	...	...	...	20	8	2			
							12,058	15	10
							£17,033	0	5
Amount credited to W.B.H. under Emergency Hospital Scheme							£2,788	11	7

## REPAIRS FUND.

INCOME.				£	s.	d.	£	s.	d.
The Treasurer of the City of Cardiff on Account of :—									
Ordinary Repairs	...	...	...	9,724	11	4			
Additions, Alterations and Improvements	...	...	...						
Superannuation Allowances	...	...	...	1,383	14	0			
							11,108	5	4
Staff :—									
Deductions under A.O.S. Act, 1909	...	...	...				221	19	3
Other Income :—									
Sundry Sales and Income	...	...	...	43	6	0			
Proportion of Pensions received from other Mental Hospitals	...	...	...	25	14	4			
							69	0	4
Emergency Hospital Scheme :—									
Internal Repairs and Decorations (A.G. 138)	...	...	...	7,076	4	3			
Protective Works and Upgrading (A.G. 1002)	...	...	...	554	13	4			
							7,630	17	7
Transfer from Maintenance Account :—									
Excess of weekly charge on Private and Out-Borough Patients	...	...	...						
							£19,030	2	6



# BALANCE SHEET

LIABILITIES.				£	s.	d.	£	s.	d.
SUNDRY AND DEPARTMENTAL CREDITORS :—									
Tradesmen and Others	...	...	...	31,429	7	6			
General Rate Fund Payment in advance on account of rate-aided Patients	...	...	...	10,000	0	0			
				<hr/>			41,429	7	6
DUE TO TREASURER : Overdrawn on General Account				...	...	...	75,447	15	0
GUARANTEE FUND				...	...	...	65	0	0
RETAINED WAGES ACCOUNT				...	...	...	577	15	0
SUSPENSE ACCOUNT (Bequest)				...	...	...	93	18	5
				<hr/>			117,613	15	11
MAINTENANCE ACCOUNT :—									
Accumulated Excess of Income over Expenditure, 31st March, 1946	...	...	...	2,437	5	5			
Less Excess of Expenditure over Income for year ended, 31st March, 1947	...	...	...	9,956	13	4			
				<hr/>			7,519	7	11
				<hr/>			£110,094	8	0

I have examined the above Balance Sheet and the Income and Expenditure Accounts for the Year ended 31st March, 1947 with the Books and Vouchers relating thereto, and certify them to be in accordance therewith.

GILBERT D. SHEPHERD, F.C.A.,  
Auditor and Stocktaker,  
22, St. Andrew's Crescent, Cardiff.

11th November, 1947.

31st March, 1947.

ASSETS.					£	s.	d.	£	s.	d.
SUNDRY AND DEPARTMENTAL DEBTORS :—										
Maintenance of Patients and Others	...			...	84,476	12	8			
Telephone Deposit Account	....			....		1	0	0		
								84,477	12	8
STOCKS AND STORES :—										
In Stores	...	...	...	...	12,907	19	6			
On Farm	...	...	...	...	12,058	15	10			
								24,966	15	4
CASH IN HANDS OF OFFICIALS :—										
Secretary and Steward	...	...	...	...	250	0	0			
Treasurer	...	...	...	...	400	0	0			
								650	0	0

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£110,094 8 0

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S. M. VAGUE, F.C.C.S., F.H.A.  
Secretary and Steward.

E. W. BARKER, F.I.M.T.A., A.S.A.A.  
Treasurer.







